

Start Date _____

Walk, swim or bike for
30 minute today

Eat a fruit or
vegetable from each
color group today.

Park in the
farthest spot in
the parking lot.

Tell a joke.
Laugh!

Drink 2 cups
of tea today

Do strengthening
exercises today.

Eat a vegetable
you've never tried
before

Don't drink any
sugary or alcoholic
drinks today.

Walk or
run with a
friend.

Eat
squash
today.

Ride a bike.
(SPIN class?)

Take a hike on a
beach or at a park.

Walk, swim or bike
for 30 minute today

Have a
vegetarian day

Take a
walk
after
dinner.

Eat a
handful of
nuts today

Count your
blessings.

Walk, swim or bike
for 30 minute today

Don't eat or drink
any junk food today

Eat something made
with soy today (tofu,
soy burger, soy nuts)

Walk, swim or bike
for 30 minute today

Gently
stretch your
hamstrings,
shoulders,
and back

No TV
today. Read.

Eat 5
fruits or
veggies
today

Park in the
farthest
parking
space at
the store
or work

Eat
beans
today

Walk, bike or swim briskly for
30 minutes today. Break it up
into shorter times, if needed.

Finish date _____

"Healthy Living" Challenge

Name _____ Address _____

RULES: Complete within one month of start. Go in any order. Check off each block as you go.

Return completed form to:

Naval Hospital Health Promotion
01 Boone Rd. Bremerton, WA 98312

Fax: 360-475-4681 e-mail: nhb.healthpromotion@med.navy.mil